



Frog Falls Swim Lesson Schedule

Session 1: June 18– June 28

Swim Tests: June 11 & 12 1600-1700 (Military Only)

June 13 & 14 1600-1700 (All Members)

All classes will be 30 minutes in length

Make-up classes are held on Fridays.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	17	18 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	19 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	20 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	21	22
23	24	25 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	26 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	27 1600: Preschool & LTS 16:30: Beginner & Adv. Beginner 1700: Adv. Beginner & Intermediate	28	29



Frog Falls Swim Lesson Schedule

Session 2: July 2nd– July 12th



Swim Tests: June 11 & 12 1600-1700 (Military Only)

June 13 & 14 1600-1700 (All Members)

All classes will be 30 minutes in length

Make-up classes are held on Fridays.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	5	6
7	8	1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	1500: Preschool 1530: Beginner 16:00: :Adv. Beginner & Intermediate 16:30: Preschool & Beginner 1700:Intermediate & Stroke Development 1730:Beginner & Intermediate	12	13



Frog Falls Swim Lesson Schedule

Session 3: July 16th– July 26th



Swim Tests: July 12 & 13 1600-1700 (Military Only)

June 14 & 15 1600-1700 (All Members)

All classes will be 30 minutes in length

Make-up classes are held on Fridays.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15	1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	19	20
21	22	1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	26	27



Frog Falls Swim Lesson Schedule

Session 4: July 30th– August 9th



Swim Tests: July 12 & 13 1600-1700 (Military Only)

July 14 & 15 1600-1700 (All Members)

All classes will be 30 minutes in length

Make-up classes are held on Fridays.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	31 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	1 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	2	3
4	5	6 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	7 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	8 1200: Preschool & Adv. Beginner 1230: Beginner & Stroke Development 1300: Beginner & Intermediate 1330: Adv. Beginner & Stroke Development 1530: Preschool & Beginner 16:00: Beginner & Intermediate 16:30: Stroke Development & Stroke Proficiency 1700: Advanced Beginner & Intermediate 1730: Adult	9	10